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Tuesday, April 3, 2012



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Province to cut the HST



Finance Minister Graham Steele looks over a shoe at the Mahone Bay Quality Footwear store on Lower Water Street on Monday afternoon. Steele bought shoes as part of the political tradition of having a new pair for budget day, which is today. For more on the budget, see page 3. RYAN TAPLIN/METRO

Budget. Drops of one percentage point will happen in 2014 and 2015, premier says



PHILIP CROUCHER

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The governing NDP says they're reducing the HST back to 13 per cent by 2015, something the opposition Tories says smacks of pre-election campaigning.

Premier Darrell Dexter made the announcement in the House of Assembly on Monday night. He said in 2014 the province's surplus will be big enough that the HST can be reduced by one percentage point. A second percentage-point drop will then occur in 2015, putting the harmonized sales tax back to the level it was prior to the NDP raising it by two percentage points in 2010.

The government says it will also introduce legislation this spring to make the HST reduction law.

"Nova Scotians shared

the challenge of getting our province back to balance, and they will also share the direct and indirect benefits of a balanced budget," Dexter told the House of Assembly. "This government is reducing the HST when the province can afford to take that step without creating a deficit and adding unnecessary debt."

This announcement should only fuel speculation that a provincial election is on the horizon. The NDP's majority mandate doesn't run out until the summer of 2014, but talk of a spring or fall election this year has been making the rounds for weeks.

"By telling Nova Scotians to wait until 2014-15, the premier has put an asterisk on his promise which says you have to re-elect him first," Progressive Conservative Leader Jamie Baillie stated in a release after the announcement was made. "Nova Scotians have heard similar pre-election tax promises by Mr. Dexter before, and are getting tired of the obvious manipulation."

In 2009, an independent financial review suggested the province was headed for a \$1.4-billion dollar deficit. The next year, Finance Minister Graham Steele — who is unveiling his 2012 spring budget on Tuesday — hiked the HST up two percentage points.



Darrell Dexter



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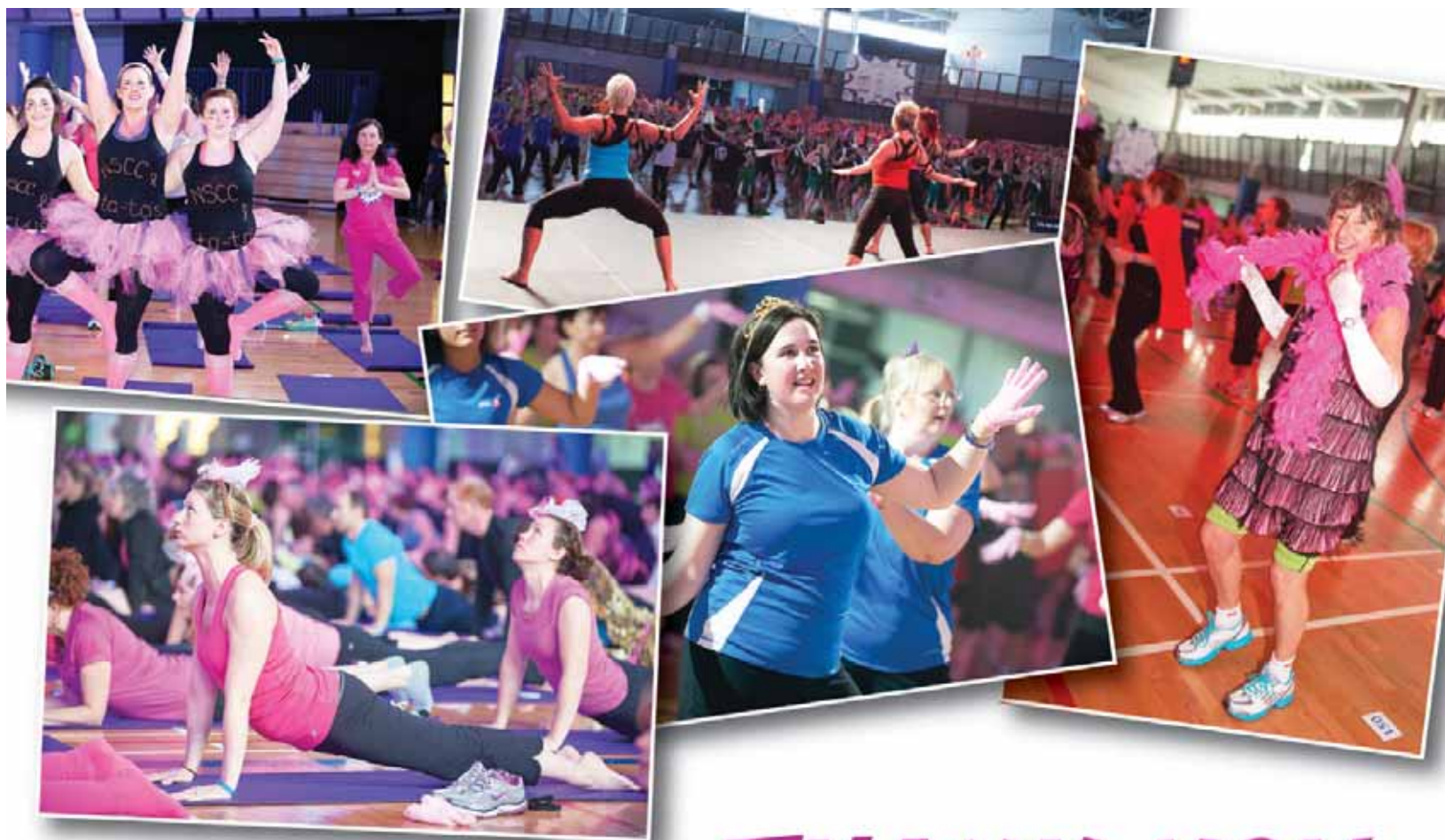
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Shipbuilding contract

Steele defends forgivable loan to Irving yard

More than \$300 million in loans to Irving Shipbuilding may be an extraordinary investment on the part of the government, but the company's contribution to the provincial economy will also be extraordinary, Finance Minister Graham Steele says.

The province said Friday that it is providing Irving with a \$260-million forgivable capital loan and a \$44-million repayable loan for other improvements over 29 years.

"This is something that will change the Nova Scotia economy in a way that people have never seen before. That kind of unusual opportunity calls for an unusual response from the government," Steele said on Monday.

He said there is very little of the Irving loan in the budget he is delivering today because the loan will be spaced out over decades.

"The actual details of how much and where it shows up, you'll have to wait for the budget," he said.

It's a forgivable loan only if certain job targets are met, and Irving has to prove that, Steele added.

"Remember, one of the major economic-development initiatives is the payroll tax, and those are audited and verified to see if the companies meet the targets — it's the same thing here."

JENNIFER TAPLIN/METRO



Finance Minister Graham Steele gets some help from Ceallaigh Bourgeois at the Mahone Bay Quality Footwear store on Lower Water Street on Monday afternoon. The government has promised a steady course in Tuesday's budget. RYAN TAPLIN/METRO

These shoes are made for budgeting: Steele

Financial blueprint.

Finance Minister Graham Steele to deliver spring budget after 2 p.m. today



JENNIFER TAPLIN
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This year's budget shoes have more substance than last year's virtual shoes displayed on a tablet.

Finance Minister Graham Steele walked into the Mahone Bay Trading Company shoe store in Historic Properties on Monday afternoon for

a little budget-eve footwear shopping.

"I'm looking for something a little new and waterproof as well," he told the clerk.

With about 20 members of the media clustering nearby, Steele quickly picked out a \$128.80 pair (including \$16.80 in taxes) of black Florsheims.

In fact, taxes were the subject of another pre-budget announcement on Monday. Effective Jan. 1, 2013, the province is reducing the corporate income-tax rate for small business by one-half of one per cent to 3.5 per cent.

It's the third year in a row the province has scaled down the small-business tax rate, Steele said. This year's cut is worth \$10 million.

Anticipation

Opposition sharpens knives

The Liberals and Progressive Conservatives are keenly awaiting the budget, which the NDP finance minister has said will offer "modest but real" income-tax reductions.

"They're looking for some support, as times have been tough lately, and we're showing a vote of confidence in Nova Scotia's small businesses," Steele said.

But Liberal Leader Stephen McNeil said Monday that whatever impact the tax cuts have will be diminished by the two-percentage-point HST increase put in place in 2010. Tory Leader Jamie Baillie said while any tax cut is welcome, he believes the budget will nonetheless end up "frustrating" to Nova Scotians. **THE CANADIAN PRESS**

But he wouldn't speak of any other new items coming in Tuesday's budget.

"If I could pick a word for what we're going to do (Tuesday), it's steady."

Here comes the sun. Province introducing green-energy initiative

Solar City — the super-popular solar-panel program in HRM — is going across the province.

John MacDonell, service Nova Scotia and municipal-relations minister, introduced amendments to the Municipal Government Act on Monday.

It will give municipalities provincewide authority to implement programs to finance energy-efficient equipment through property taxes.

These changes to the legislations were requested by the Union of Nova Scotia Municipalities.

"This is good news for municipalities interested in supporting homeowners

Going solar

- A Solar City bylaw for HRM is being created and a public hearing, the last step for the bylaw, is scheduled for April 17.

with initiatives that help the environment," Jimmy MacAlpine, the municipalities union president, said in a statement.

HRM received overwhelming interest in 2010 when it launched applications for the Solar City pilot project. After some delays, staff are finalizing the program.

JENNIFER TAPLIN/METRO

School funding. Parents rejoice as province announces \$25M for schools in Eastern Passage, Cole Harbour

It's not often a provincial announcement prompts standing ovations and happy tears.

But when Premier Darrell Dexter heralded a long-awaited new high school for Eastern Passage on Monday, that's exactly what happened.

"I just can't believe it. It's been so many years of fighting and trying to get people to listen," said Joyce Treen, who couldn't talk about it for long without the tears welling up again.

She joined the high-school committee when her son, Ryder, was a year old. Now he's 12 and will be able to go to high school in his hometown.

"It was just so overwhelming I couldn't do anything but cry," Treen said.

Jubilant

"This means everything to me."

Chris Peters, a parent of two young sons in Eastern Passage

It was the second of two major school-funding announcements Dexter made Monday morning. His first stop was Cole Harbour, where he said \$10 million is on the way for a Skilled Trades Centre where students can take shipbuilding courses before they go off to college.

Announced on the eve of his provincial-budget release, Dexter said the \$25 million for both projects is not coming from the school-board budget, which the

province recently asked the board to trim by at least 1.3 per cent.

"This helps the school boards and it's part of the overall capital budget of the province, which is planned through the budgeting process," Dexter said.

Students from all over the city can apply to, and take all of their schooling — including the trades program — at Cole Harbour High.

A new \$15-million Eastern Passage high school will open up hundreds of spots for additional students at Cole Harbour District High School.

The site has yet to be determined but the school is scheduled to open for the 2014 school year. **JENNIFER TAPLIN/METRO**

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NEWS

On the web

Sensational progress

The U.S.'s first full-face-transplant recipient says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008.

Watch at metronews.ca

Sensational violence

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California.

Watch at metronews.ca

Mobile news



Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American Bar or sleep in an art deco room at Claridge's.

Scan code for the story

Fight breaks out inside Fairview convenience store

Taken into custody.

Police say the two men knew each other, and walked into the store together

ANDREW DAVIES

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A man was taken to hospital after a fight broke out inside a Fairview business on Monday.

The owner of Super Mike's Convenience Store, who wouldn't give his name, said he doesn't know how the two men in the altercation knew each other.

"They just came into the store and started to fight," he said.

Halifax Regional Police say the assault at 2 Central Ave. took place at 11:19 a.m. and resulted in one of the men being taken to the hospital with undetermined injuries.

"The two men arrived at the store together, and they went in to the store together, and once inside that's when a fight broke out," said police spokesman Const. Brian Palmer.

Palmer added when police arrived the two men were

Charges expected

Halifax Regional Police spokesman Const. Brian Palmer said late on Monday that charges were expected against the man they arrested in relation to the assault.

still at the scene.

"The aggressor was taken into custody, and the victim was treated and taken to the hospital, with undetermined injuries that we believe to be non-life-threatening," he said.

A witness living in the area said he walked up to the store after police cars arrived on scene.

"When we arrived they were putting a person into the back of the paddy-wagon," said the man, who wouldn't give his name.

He also saw the victim being assisted by paramedics.

"They brought a gentleman out on a stretcher, and he had a neck brace on him."

The man added he felt the neighbourhood where the incident took place was the safest in the city.

"I wouldn't say this is an over-high crime rate here. It's the same all over."



A forensic identification officer takes photos outside Super Mike's Convenience Store in Fairview on Monday afternoon. A man was taken to hospital after an altercation inside the store. RYAN TAPLIN/METRO

Student recognized for giving back to community



Bethany Dickey at the Westin Hotel on Monday. DREW CASFORD/FOR METRO

Bethany Dickey is not your average 16-year-old.

The Dartmouth High School student spends the majority of her time helping others in her community and around the world.

On Monday, she was recognized for her tireless dedication by winning the Youth Volunteer of the Year Award at the 38th Provincial Volunteer Awards Ceremony at the Westin Hotel in Halifax. "I was really excited to win," she said. "I wasn't expecting to get it,

because there are so many youth that do so much to the community."

Dickey said she began helping others when, at nine years old, she and her friends started a group called Operation Peace to raise money for an orphanage in Bolivia.

"One of my friends actually lived in that orphanage," she said. "We ended up raising over \$20,000 over three or four years."

She loved how helping others made her feel and

started volunteering at the public library. Throughout the next few years she was also involved in volunteering for the theatre club and doing mentorship programs with elementary school students focusing on the environment. Now, Dickey spends most of her free time focused on the Nova Scotia Secondary School Students' Association as a member of the provincial cabinet and Inclusion Conference Committee.

"The NSSSA runs leader-

ship conferences for youth across the province and there are regional and provincial conferences and the Inclusion conference for disabled youth," she said.

Dickey said she thinks it's important for everyone, especially youth, to find time for volunteering.

"It helps you become more tolerant of people around you, and you get to help out and really make sure you're giving back to the community."

DREW CASFORD/FOR METRO

Numbers

69

The number of volunteers honoured at Monday's 38th Provincial Volunteer Awards ceremony and luncheon.



For more local news visit metronews.ca/halifax

Highway 101

Driver misses deer, drives off road

A school bus drove off the road on Highway 101 on Monday morning when the driver swerved to avoid a deer.

Halifax RCMP say the driver was the only person on board at the time and was uninjured in the ac-

cident, which took place just after 7 a.m. at Exit 2/2A in Lower Sackville. Police say when trying to avoid the deer, the driver lost control and drove into the ditch.

The bus belonged to Perry Rand Transportation Group Limited.

The highway remained open after the accident as a tow truck was called to get the bus out of the ditch. METRO

Tickets

Pitbull set to rock Halifax this week

Pitbull and special guest Flo Rida will be making a stop at the Metro Centre on Wednesday at 7:30 p.m. Tickets are still available and can be purchased for \$58.25 and \$73.25 through all Ticket Atlantic outlets.

METRO



Pitbull THE ASSOCIATED PRESS

Apprehended

Stowaway found on ship arriving in Halifax, border agency says

The Canada Border Services Agency says it has arrested a man they believe stowed away on a container vessel that arrived in Halifax.

Kevin Watson, the

agency's chief of marine operations in Nova Scotia, says officers boarded a container vessel at the Ceres terminal and arrested the man Monday at 8 a.m. Watson declined to give the name, age or nationality of the man, and also refused to say whether he is seeking refugee status. He said officers boarded one of Atlantic Container Lines' ships, where they apprehended the man.

THE CANADIAN PRESS

Murder trial

Fitness test for accused

A Nova Scotia judge is expected to render a decision Tuesday on whether a man accused of fatally shooting his wife before turning the gun on himself is fit to stand trial.

Wayne Eisnor is charged with first-degree

murder in the 2010 shooting death of Tina Eisnor in a New Germany parking lot.

The 49-year-old man was deemed unfit to stand trial in 2010 because of a mental impairment caused by a self-inflicted gunshot wound. However, during a two-day fitness hearing in Bridgewater last month, Crown lawyer Alonzo Wright argued Eisnor's condition has improved significantly. **THE CANADIAN PRESS**

Dartmouth

Duo faces weapons charges

A man and woman from Dartmouth are facing weapons related charges after Halifax Regional Police say they found a loaded firearm inside a vehicle during a traffic stop on Sunday night.

METRO

Emergency exercise

Firefighter training

Halifax Regional Fire and Emergency will be conducting firefighting training exercises during the month of April.

The exercises will take place at the Northcliffe Recreation Centre on Dunbrack Street. **METRO**

Crime

Woman robbed, assaulted upon leaving bank

Halifax police say a woman was punched in the face after being robbed of money she was counting after leaving a bank.

Police say the woman left the bank inside the Bayers

Road Shopping Centre just before 3 p.m. and was counting her money when a man appeared, grabbed the cash and fled the mall.

The woman chased after the man, who then turned and punched her in the face, a police release states. The man then took off, while the woman wasn't injured and didn't require medical attention. There have been no arrests. **METRO**

Titanic not only tale of tragedy

Atlantic Canada. For more than a century the area had countless shipwrecks, major fires, coal mining incidents and all manner of natural disasters

Quotable

"What would be horrid for your eyes to see, somehow is muted."

Bob Conrad, explaining how he could focus on looking for survivors of a Swissair crash amid the horrible things he saw.



Bob Conrad stands near the government wharf in Fox Point, N.S., on March 30. In September 1998, Conrad joined the search for survivors after a passenger jet caught fire and crashed off the Nova Scotia coast. **ANDREW VAUGHAN/THE CANADIAN PRESS**

His was the fourth body pulled from the icy North Atlantic days after the Titanic sank in 1912.

Sidney Leslie Goodwin was only 19 months old when he died. The little English boy is buried in the north end of Halifax.

Though he wasn't the youngest Titanic passenger to perish, his story serves as a poignant reminder that in the weeks after the sinking, crews from four ships — most of them sailors from Halifax — volunteered to perform the grim task of recovering bodies left bobbing in the cold ocean.

By the time the Titanic sank on April 15, 1912, residents of the Maritimes

and Newfoundland were well acquainted with large-scale disasters.

This helps explain why the people of Halifax worked tirelessly to recover the dead and comfort surviving relatives.

"The citizens of Halifax were so moved by it, and they came out in large numbers," says Paul Butler of St. John's, author of Titanic's Ashes, a recently published fictional account of the aftermath of the ship's demise.

"Being at the mercy of the ocean ... is central to people who have a maritime connection."

It's hard to conceive that anything good could come from taking part in such gruesome tasks, but

Bob Conrad thinks otherwise.

In September 1998, Conrad was among a group of Nova Scotia fishermen who joined the search for survivors after a Swissair passenger jet caught fire and crashed into St. Margarets Bay.

None of the 229 people aboard survived, but Con-

rad didn't know that as he used a powerful light on his boat to scan a horrific debris field reeking of jet fuel and littered with ghastly array of shredded luggage, clothing and body parts.

Today, Conrad speaks in calm, even tones when describing what happened that moonless night.

"There's a tendency to

think that it would be awful — and it is," says Conrad, now 65, recalling the search mission.

"But, from my experience, when the need to help another is critical, the element of danger and personal threat seems to be gone; it's not there.... That was most amazing to me."

THE CANADIAN PRESS

According to Conrad:

- He didn't think twice about heading out on the water the night of the crash.
- His deep desire to help those in need is shared by most people in small Atlantic communities.

Who doesn't love a chocoholiday.

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Jurors view site where Stafford's body found

Michael Rafferty
trial. Remote crime
scene was well out of
anyone's earshot

Standing in the spot where Victoria Stafford was allegedly raped and killed, there is little except trees and open fields as far as the eye can see — a few silos in the distance and the closest house well out of earshot.

Jurors deciding the case of a man accused of killing the eight-year-old girl saw for themselves Monday the isolation of where Tori's battered body would be left buried for months under rocks beneath an evergreen tree 132 kilometres from her home.

What jurors saw was not evidence, but it was hoped the visit would give them a better understanding of the evidence, Ontario Superior Court Justice Thomas Heeney told them last week.

Yellow markers from let-

ters A to H were placed at various points around the site, from the entrance of the laneway to the top about 300 metres away where Tori's remains were found.

The Grade 3 student was abducted outside her school in Woodstock, Ont., on April 8, 2009, and driven north to the rural area just southeast of Mount Forest, Ont.

Terri-Lynne McClintic, 21, who is serving a life sentence after pleading guilty to first-degree murder, has admitted luring Tori with the promise of seeing a dog.

McClintic says she did so at the urging of then-boyfriend Michael Rafferty, who she says raped the girl in the secluded spot.

McClintic had previously told police Rafferty then killed Tori with a hammer, but now says it was her.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

THE CANADIAN PRESS



Members of the media visit the crime scene. Markers had been placed to guide the jury's visit. GEOFF ROBINS/THE CANADIAN PRESS



As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features ADRIAN WYLD/THE CANADIAN PRESS

Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off today in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat

odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

Leaders summit

Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

Unknown condition

Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS

Investigation



Site of Siberian plane crash.
THE ASSOCIATED PRESS

Ice not cause of crash: Officials

Russia's civil aviation chief says the plane that crashed Monday into a snowy field in Siberia, killing 31 people, appears to have been improperly de-iced, but he said there was no indication that negligence had caused the crash.

THE ASSOCIATED PRESS

Life sentence



Kimberly Saenz leaves the Angelina County Courthouse, Texas. THE ASSOCIATED PRESS

Jury passes on death sentence

A former Texas nurse convicted of killing five dialysis patients by injecting them with bleach should spend the rest of her life in prison with no chance of parole, jurors who earlier convicted the woman of capital murder said Monday.

Kimberly Saenz was convicted Friday of killing the patients at a clinic run by Denver-based health care giant DaVita Inc.

THE ASSOCIATED PRESS

Call crackdown

Telemarketers warned ... again

Canada's telecom regulator says it's still finding telemarketing companies that haven't followed the so-called Do Not Call rules.

The CRTC said Monday it has issued citations to 74 companies and levied fines in 11 additional cases. The latest fines totalled \$41,000.

THE CANADIAN PRESS

Calling costs

Increases coming for public phones?

Bell Canada and Bell Aliant Inc. are asking the CRTC to approve a rate increase that would raise the cost of a cash call to \$1 from 50 cents and raise calling-card or debit-card calls to \$2 from \$1.

THE CANADIAN PRESS



Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing seven people. NOAH BERGER/THE ASSOCIATED PRESS

Deadly shooting brings scenes of horror to school

Suspect. Gunman identified as 43-year-old Oakland man

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University

Gunfire

"She was running. She was crying; she was bleeding, it was wrong."

Paul Singh, brother of victim

on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University.

Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman

could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

THE ASSOCIATED PRESS

Sentencing. Court orders bin Laden's three widows and daughters to prison

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil. They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with immigration offences only last month.

THE ASSOCIATED PRESS



Afghan refugees gather outside the house in Haripur, Pakistan, that Pakistan's intelligence agency believes Osama bin Laden lived in.

ANJUM NAVEED/THE ASSOCIATED PRESS

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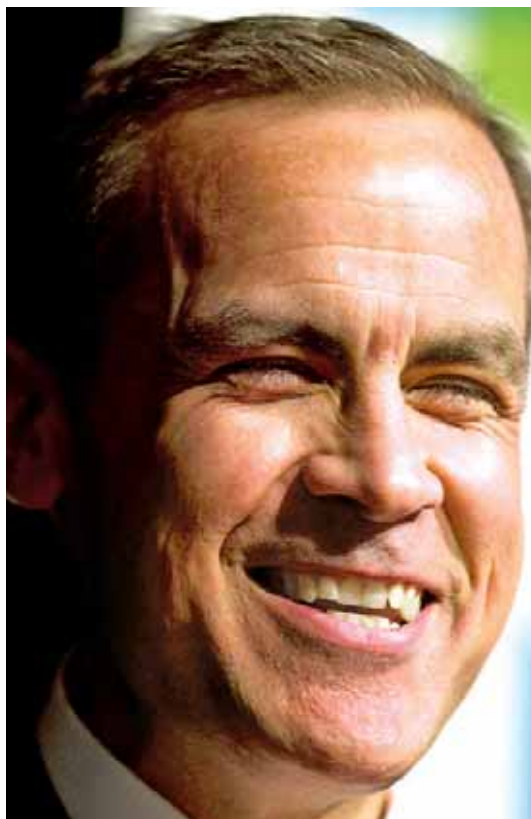
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Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., on Monday.
FRANK GUNN/THE CANADIAN PRESS

Global trade. Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since the Second World War, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said. "The combination of overexposure to the U.S. market and underexposure to faster-growing emerging markets is almost entirely re-

Business boost

"This was essentially a pep talk for business."

Economist Michael Gregory, BMO Capital Markets

sponsible."

Referring to Canada's current economy, Carney had relatively positive things to say.

With Europe's debt problems ameliorating — he suggested it is no longer a crisis — and as the U.S. recovery picks up steam, the headwinds that have held back Canada's economy are abating.

But the domestic engine of Canadian growth has essentially run out of fuel, he cautioned. Consumers are heavily in debt, and growth in construction for homes has also run its course, since employment in the sector is now at a 35-year-high.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

Carney has pounded the drum for Canadian firms to invest and broaden their horizons beyond the safe U.S. market for years. Monday's speech was different in that he was the most detailed in amassing his evidence and most assertive in recommending a course of action. **THE CANADIAN PRESS**

Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

Both groups collectively

represent the last 11,000 airline employees without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its charter right to free association.

THE CANADIAN PRESS

Employment. Laid-off Aveos workers move on

Former employees of Aveos Fleet Performance lined up at a Montreal airport hotel early Monday to be among the first to meet with recruiters who attended one of two job fairs being organized by their former colleagues.

Spokeswoman Pascale

Lambert said employees aren't waiting to see if Air Canada will rehire them or if behind-the-scenes efforts will lead to the company being sold or restarted, and have decided to forge ahead to look for new work.

THE CANADIAN PRESS

Market Minute



DOLLAR

100.98¢ US (+0.73¢)



TSX

12,507.06 (+114.88)



OIL

\$105.23 US (+\$2.21)



GOLD

\$1,679.70 US (\$7.80)

Natural gas: \$2.15 US (+2.6¢)

Dow Jones: 13,264.49 (+52.45)

Social networking

Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. **TORSTAR NEWS SERVICE**



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

JUNK FOOD: A CURE FOR THE COMMON CRAVING



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup, I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it, people.

Eat like our ancestors

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related bingeing almost always results in a trans-fat induced spiral of regret.

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your

mental health, according to a recent study published in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables ... begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally, I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

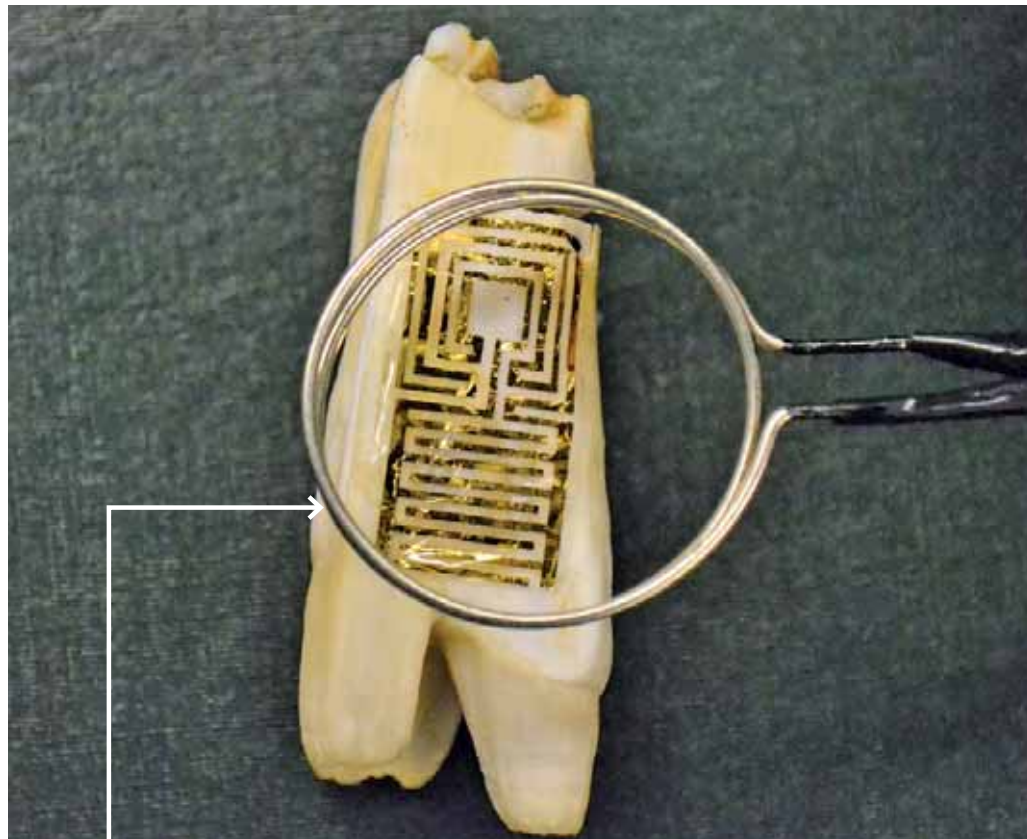
Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly, instant mac and cheese.



With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.

RAFFI ANDERIAN/TORSTAR NEWS SERVICE

This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

Tonsil detection

60 seconds

Tooth tattoo detects illness

PRINCETON, N.J. We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**



Michael McAlpine

Detecting cancer

How does this device work?

It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

Any potential benefits?

It'll be able to detect H. pylori, a bacterium that causes stom-

ach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

When do you plan to put this device on the market?

We think in five years' time.

And you think people will put it on their front teeth?

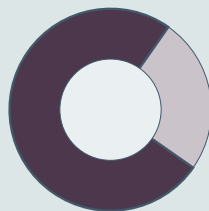
It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**



Register at metropolitanpanel.ca and take the quick poll

Do you think the penny should be phased out?

75%
YES. IT'S A
NUISANCE



25%
NO. IT'S
AN ICONIC
PIECE OF
CANADIANA

Twitter

@Webconomist:

Mother nature's song of the day in #Halifax today? "Spring Re-Mixed"

@DaveAllenWhite:

Hmmm #Halifax #Weather. Make up your mind!!!

@GenaPriest:

Made a quick trip to #Halifax and back today...makes me appreciate country driving.

@Jamie_in_hali:

Oh vitamin D...you make everything better!! #Halifax #Solar-Therapy

@LucianoRad:

Stop the build it and they will come mentality #Halifax. A stadium just isn't sustainable. Far more is needed before a stadium.

@BSommerhalder:

Why is it 7 degrees and snowing? #bionicsnow #halifax



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2

SCENE

Scene in brief

Sheen gets pranked

How about a sequel to *The Artist* starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

On the web



Trailer from *Sparkle*, the late Whitney Houston's upcoming film, debuts on Today show

It's time to play catch-up

Like any high school reunion, getting the *American Pie* cast back together for *American Reunion* leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR

Metro World News in Hollywood



**Jason Biggs
(Jim)**

After films like *Saving Silverman* and *Loser*, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new *Teenage Mutant Ninja Turtles* series.



**Alyson Hannigan
(Michelle)**

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on *How I Met Your Mother* since 2005.



**Seann William Scott
(Stifler)**

After a string of strong comedy films like *Dude, Where's My Car?*, the *Rundown* and *Role Models*, he completed a stint in rehab prior to filming *American Reunion*.



**Thomas Ian Nicholas
(Kevin)**

A child star before *American Pie*, Nicholas has shifted his focus to music — and even has a song on the *American Reunion* soundtrack.



**Chris Klein
(Oz)**

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series *Willard*.



**Eddie Kaye Thomas
(Finch)**

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the *Harold and Kumar* franchise and the *American Dad* animated series.



**Tara Reid
(Vicky)**

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on *Celebrity Big Brother UK* last year.



**Mena Suvari
(Heather)**

Suvari made waves with *American Pie* and *American Beauty* in the same year. Recently she has popped up on *American Horror Story*.



**Natasha Lyonne
(Jessica)**

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with *American Reunion* and Abel Ferrara's *4:44 Last Day on Earth*.



**John Cho
(John, party guy)**

Cho launched a catchphrase and a successful career off one key scene in *American Pie*, and went on to star in franchises like *Harold & Kumar* and *Star Trek*.

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I award you no points: Sandler sweeps the Razzies



Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — cele-

brate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

More children, less money, way more problems



THE WORD
Dorothy Robinson
scene@metronews.ca



Nadya Suleman

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our ts-k-ts-ing is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

She tells TMZ.com, the \$2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

According to TMZ, since

the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

Twitter



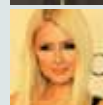
@ElizabethBanks

Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



@edgarwright

A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.



@ParisHilton

In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?



@AlbertBrooks

Have a pretty funny joke about Lincoln but I think it's too soon.

Stork brings Bruce Willis one more baby girl



Bruce Willis

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.

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3 LIFE

Learning archery goes a long way for one hungry actress

Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.

She tells Metro how she transformed the actress into an archer

ROMINA
MCGUINNESS
wellness@metronews.ca

Shooting a bow and arrow isn't as easy as it looks in *The Hunger Games*. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig. This is how it's done.

The Alignment Drill

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.



Jennifer Lawrence had to train for months to become a decent archer for *The Hunger Games* movie. HANDOUT

The advantage of being long and lean

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

Arm strength

Although Lorig admits her

Quote

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."

Olympic Archer Khatuna Lorig

only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one

she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

Mental focus is crucial when you are aiming

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," ex-

plains Lorig.

How can you get the perfect aim?

According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

On a scale of one to 10, how does Lorig rate Lawrence's archery skills?

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

WALK IN MEDICAL CLINIC

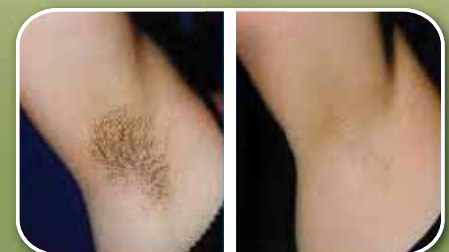
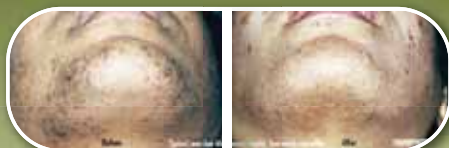
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Impressive accompaniments can't save this Greek eatery



Souvlaki Dinner Platter. VALERIE MANSOUR



LUNCH RUSH
Valerie Mansour
life@metronews.ca

Wandering around the north end on a Saturday takes me to Island Greek for the first time.

It's a take-out with a few stools at a window counter,

fabulous jazz playing and a super friendly staff. We take two lunches home.

The restaurant's specialty Gyro Platter (\$12.75) consists of thinly sliced marinated pork with pita, tzatziki (yogurt, garlic, cucumber spread), Caesar salad, and fries.

The salad is top-notch — huge with large slices of

tomato, cucumber, red onions, strips of green pepper, Kalamata olives and feta.

The fries are home-cut, fat and hot.

Ironically the main item — the pork — is way overdone and becomes inedible as it cools.

Souvlaki Dinner Platter (\$12.75) features a marinated chicken skewer (pork

is another option) and the same impressive accompaniments.

Like the pork, the chicken is overdone and dry. If they'd take the meat off the grill sooner, this place would be a winner.

Visiting the restaurant

Island Greek Donair and Pizza

Address. 2150 Gottingen St.

Phone. 422-8888

Hours. Mon - Wed (11 a.m. - midnight), Thurs - Sat (11 a.m. - 2:30 a.m.), Sun (noon - 10 p.m.)

Rating. 2.5/5

Price range. \$\$

Client negotiations. No

Lunch with co-workers. Yes

Social lunch. No

Quick solo lunch. No

Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch



Ingredients

- 2 cups (500 mL) sliced leftover cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

1. In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

2. In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

3. Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

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Top 5: April 2nd

- 5 K'Naan ft Nelly Furtado
Is Anybody Out There?
- 4 One Direction
What Makes You Beautiful
- 3 Nicki Minaj
Starships
- 2 Carly Rae Jepsen
Call Me Maybe
- 1 Justin Bieber
Boyfriend

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Tessa counts down
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Easter

Time to hunt
some eggs
again

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With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't

always work. Consider a toddler egg hunt and an older children's egg hunt to keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

4. A way to deal with No. 3 is to assign children a colour, so that they have to find

eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about grass stains on clothing; just let the kids run out and play. Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains!

Happy Easter to all of you who celebrate this wonderful holiday. I am currently in Abu Dhabi training for two weeks, yet my gracious hosts from this part of the world are taking me out for lunch on Sunday in celebration of my holiday — how lucky am I to have such a gracious host?



Think about age groups when planning your hunt. iStock

EASTER SERVICE LISTINGS

St. James

At the Armdale Roundabout
stjamesanglican.chebucto.org

Maundy Thursday April 5th
7:30pm Holy Eucharist.

Good Friday, April 6th
10:00am The Solemn Liturgy
of Good Friday

Easter Eve April 7th
7:30pm Easter Vigil Eucharist
followed by
Resurrection Reception

Easter Sunday April 8th
8:30am Holy Communion
10:00am Choral Eucharist

Holy Week & Easter 2012 FIRST BAPTIST CHURCH HALIFAX 1300 Oxford Street (near South)



Maundy Thursday, April 5
7:00pm
Communion and Tenebrae
Soloists: Breanna Miller,
Jeremy Dutcher

Good Friday, April 6
10:30am
Ecumenical Service at
St. John's United Church at the
Maritime Conservatory,
6199 Chebucto Rd
Music by Combined Choir

Easter Sunday, April 8
6:30am • **Sunrise Service**
Black Rock Beach, Point
Pleasant Park
10:30am **Baptism and
Communion**
Why Death Doesn't Win -
Rev. John E. Boyd
Music: Soloists, Choir,
trombone quartet

www.firstbaptisthalifax.org



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at Mulgrave Park
Baptist Church • 10:30am

Easter Sunday Service
West End Baptist Church
10:30am
(9am breakfast
before Service)

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Cornwallis and Brunswick Street

10:30 AM Choral Holy Communion

Tuesday April 3 -- Holy Tuesday
7:00 PM Choral Holy Communion. Liz Curry,
a graduate student in Classics at Dalhousie
University, will give the sermon on
Jesus's words to his disciples
'I have called you friends.'

Wednesday, April 4 -- Holy Wednesday
7:00 PM Tenebrae. Candlelit service.
Music: Gregorio Allegri's setting of Psalm 151,
Misereere mei, Deus

Thursday, April 5 -- Maundy Thursday
7:00 PM Choral Holy Communion with
foot-washing and stripping of the altar.
Music by Duruflé and Byrd.

Friday, April 6 -- Good Friday
10:00 AM Stations of the Cross and
decoration of the Easter Garden. Suitable for
families and young children.

12:00 PM Three-hour service of music and
meditations. Music by John Blow,
Henry Purcell, Costanza Porta,
King John of Portugal

Saturday, April 7 -- Holy Saturday
10:30 PM Easter vigil and first mass of Easter

Sunday, April 8 -- Easter Day
10:30 AM Choral Holy Communion.
Music by Philippe Rogier, Heinrich Schutz,
J S Bach, Eugene Gigout and Louis Vierne.
Organ, violin, and brass.

Monday, April 9 -- Monday in Easter week
10:30 AM Shortened Morning Prayer and
Holy Communion in the Little Dutch
Church. The Little Dutch Church was
dedicated to St George on Easter Monday,
1761. At this service we will use the
1662 Holy Communion service.



roundchurch.ca



The University of King's College Chapel HOLY WEEK 2012 All are welcome! A Chapel on Campus for Dalhousie and King's

Wednesday, April 4,
Tenebrae, 8:30 p.m.

THE PASCHAL TRIDUUM

Maundy Thursday, April 5, 7 p.m.
Mass of the Mandatum followed by All-Night Vigil

Good Friday, April 6, 10 a.m.
Veneration of the Cross

Holy Saturday, Easter Eve, April 7, 11 p.m.
The Great Vigil of Easter & First Mass of Easter and Resurrection Party

Easter Sunday, April 8, 11 a.m.
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Holy Thursday, April 5
Mass of the Lord's Supper, 7pm
Adoration to Midnight

Good Friday, April 6
Children's Service (without communion), 11am
Celebration of the Lord's Passion, 3pm
Way of the Cross, 7pm

Holy Saturday, April 7
Solemn Easter Vigil Service, 8pm

Easter Sunday, April 8
Resurrection of the Lord Service, 9am, 11:15am

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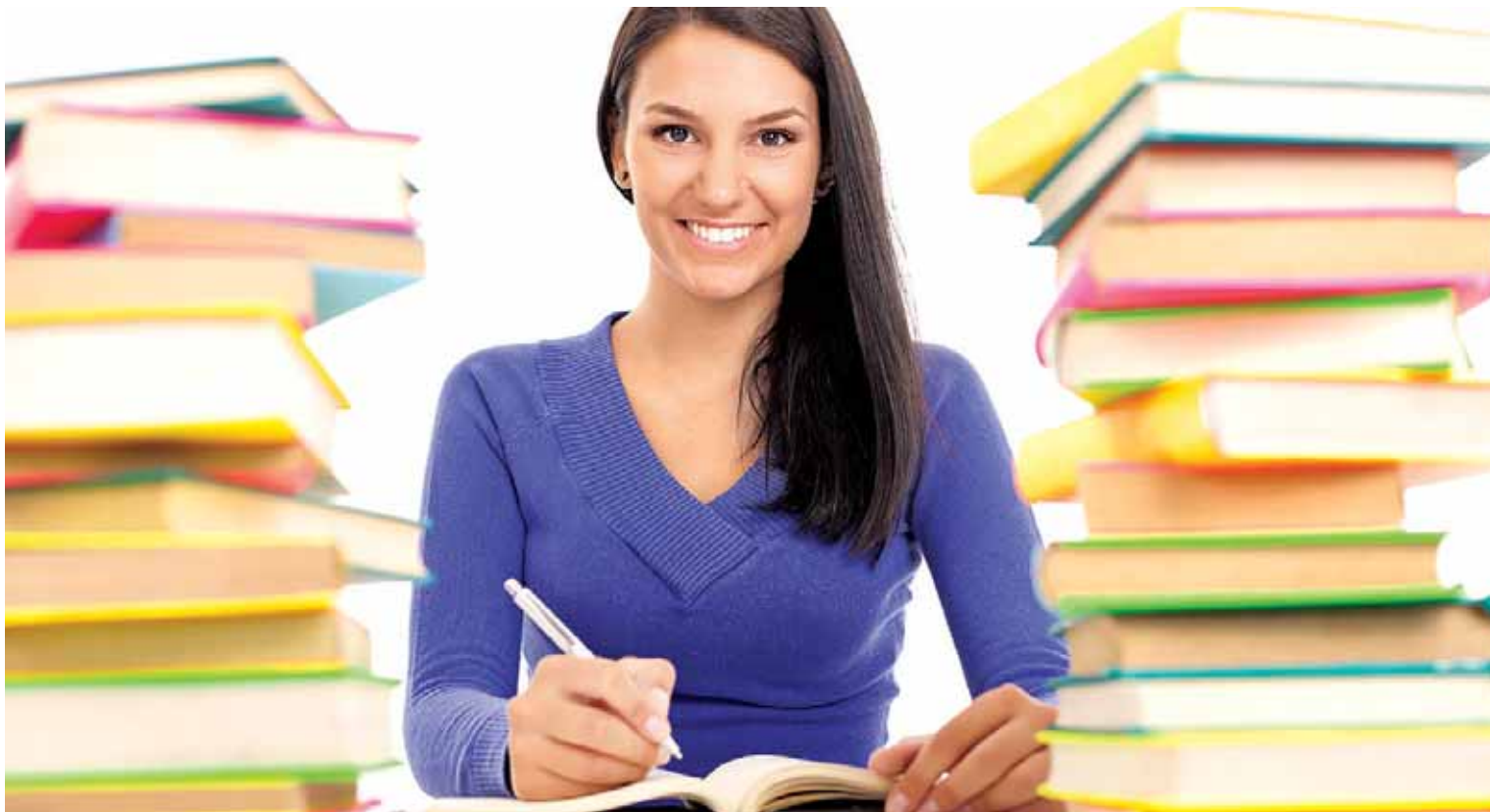
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TESTING YOUR LIMITS

FINAL EXAMS CAN BE A TAXING TIME FOR STUDENTS

Preparing for final exams is one of the most stressful times of a student's life, but studying smartly can improve your scores and lower your heart rate.

Nellie Perret, a learning skills counsellor at the University of Toronto's Academic Success Centre, says most high schools use modular exams, meaning you are only tested on what you have learned since the last test. But university and college exams are usually cumulative, meaning you have to dig back to the start of the course. You can't cram that much information into your head in the weeks before the exam.

Perret advises using cumulative reviews as you go so you know it cold

when exam season rolls around.

Even if you are starting two weeks before the exam, you might still be able to pull it off. "Counterintuitively, start reviewing material you already know pretty well," she says. "That's what you can potentially ace."

Look at old exams or midterms to see what questions have appeared in the past. Meet with other students to brainstorm on key content areas in the course.

"The last thing they should do is try to learn new material. That's where they're going to be dealing with a limited memory space," she says. "The likelihood of their doing well on it is pretty slim."

Write that key information on an index card and stare at it until you go into the exam room. "And then write it down immediately, or otherwise it's gone," Perret says.

Sarah Bouchard, a fifth-year political science/religious studies student at Dalhousie University, says students are juggling a lot at the end of term.

"Students are trying to focus on their exams and final papers, but also setting up summer jobs or co-ops, and finding housing, among other things," she says. "The pressure to perform well at this time of year is at its peak."

She urges students to attend any review sessions the class holds, and

then book a meeting with the professor. Bring questions and take notes.

"I know it can seem scary, especially for first-year students (and) especially if you've missed a lot of classes," Bouchard says. "But trust me, your professor wants to help you and is a gold mine of helpful information."

Practise writing your answers so your brain is used to synthesizing it on paper.

"And most of all, get a good night's sleep, eat properly, and exercise," she says. "These are not only stress-busting mechanisms, but they also get your brain going."

— Jon Tattrie

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X-FACTOR

MANY COURSES ARE AVAILABLE ONLINE AT ST. FX.

For students considering taking some courses or a program online through St. Francis Xavier University, registration for the spring and summer offerings is taking place.

"The graduate courses start the first of April and our undergraduate courses start the end of April," says Janice Landry, the director of the Department of Continuing and Distance Education. "For the summer session, our graduate courses start the first part of July... and our undergraduate courses start at the end of June."

Close to 40 undergraduate courses will be offered online for the spring and summer sessions combined.

Distance education is a great option for people with busy lives, as well as those who may find themselves being unable to commit to attending classes in person.

"It provides an opportunity for anyone who has family, work and community commitments to participate in an educa-



WAVEBREAK MEDIA/THINSTOCK

tional program or course," says Landry.

For the undergraduate course offerings, some are asynchronous, meaning that students can take the classes whenever they want, while with the graduate-level courses, students must take the classes online at a scheduled time.

Through its Department of Continuing and Distance Education, St. Francis Xavier University offers six programs strictly through distance education. These programs are the Diploma in Intellectual Disability Studies, Certificate in Spirituality, Certificate in Continuing Care, Certificate in Gerontological Nursing, Post RN Bachelor of Science in Nursing, and a Diploma in Ministry.

The registration deadline for the spring session is April 17, and June 18 for the summer session.

LEARNING CAN CHANGE YOUR LIFE

NSCAD UNIVERSITY OFFERS CLASSES FOR PEOPLE OF ALL AGES

It is said that practice makes perfect.

With 125 years of experience in offering non-credit studio courses for the general public, NSCAD University has a pretty good track record at doing just that.

"We offer over 300 courses each year," says Sharon Blanchard, the director of NSCAD's School of Extended Studies.

These courses are offered year round and include creative fields such as drawing, painting, photography, sculpture and ceramics.

One of the appealing things about NSCAD's offerings is that it has classes for people of all ages, including programs for children as young as five.

On the other end of the spectrum, there is currently a student taking painting classes who is in her early 90s.

While some students will take a class to dig deeper into an interest of theirs, this is also how many NSCAD students get their introduction to the school.

"About 50 per cent of students that come to NSCAD to take a degree program have started in Extended Studies, so we really are that way for many students to experience art for the first time," says Blanchard.

The experience of taking these courses in a supportive and nurturing environment can be life altering.

"It's the one thing that gives you that confidence to try it again," says Blanchard.

"The amazing thing is that we provide that opportunity for people to gain the confidence, overcome the fears and delve into an area that will change their lives."

Registration for the spring and summer batch of classes will begin April 10.

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BIOL 220 Selected Topics in Biology
BSAD 221 Introductory Financial Accounting
BSAD 415 Electronic Business
CATH 330 Catholicism and the Arts
DNUR 497 Computers in Nursing
ENGL 298 ST: Introduction to Creative Writing: Short Fiction
ENGL 340A Shakespeare: Narrative Poems, Comedies & Sonnets
ESCI 171 Understanding the Earth I
HIST 399 ST: Canadian Immigration, Race & Ethnicity since 1896
HKIN 301 Elementary Statistics
INFO 446 Electronic Business
MATH 111 Calculus I
NURS 260 Developmental Psychology
PSCI 345 Women and Politics
PSYC 100 Introduction to Psychology
PSYC 260 Developmental Psychology
PSYC 385 ST: Cultural Psychology
SOCI 100 Introduction to Sociology
SOCI 210 Sociology of Marriage and the Family
STAT 201 Elementary Statistics
WMGS 210 Sociology of Marriage and the Family
WMGS 345 Women and Politics

Online – Summer

ART 141 History of Art I
BSAD 231 Foundations of Marketing
ENGL 233 Children's Literature: 1865 to Present
ENGL 340B Shakespearean Tragedy
ESCI 471 Geographic Information Systems
INFO 225 Information Systems Hardware and Software
MATH 112 Calculus II
MUSI 118 World Music
PSCI 295 Religion and Politics
PSYC 387 ST: Human Development Across Cultures
RELS 120 Religion, Spirituality, and Health
RELS 295 Religion and Politics
SOCI 230 Sociology of Education
SOCI 250 Deviance and Social Control

Online – Non Credit

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PATH TO SUCCESS

Students looking for a stimulating education experience might want to consider Success College.

"We have interactive classes, so it's not just lectures," says Amy Grewal, the school's student services officer. "We have field trips, guest speakers ... and we incorporate team projects, case studies and role playing (into the curriculum)."

All of the programs offered at Success College take 14 months to complete and include a work term component.

"A lot of students are hired right from their work term," notes Grewal.

She says one of the other advantages Success College offers is a high



SUCCESS COLLEGE PHOTO

placement rate for graduates, which is consistently more than 90 per cent.

To put its money where its mouth is, Success College also offers a tuition pledge, which is a guarantee that if a student can't find a job after graduation

in their study area, the school will pay back their student loan or refund their tuition.

Students must meet certain criteria, such as having attended so many classes or maintaining certain grades and must

follow specific job search procedures to be eligible for the program.

Located on Sackville Drive in Lower Sackville, Success College is easily accessible by public transit and there is also plenty of free on-site parking.

NSCC HAS A COURSE TO FIT YOUR NEEDS

With today's busy lifestyles, the NSCC makes it easy for people to fit learning into their schedule by offering courses

during the evenings, on weekends and, in some cases, online.

People have different motivations for

taking courses. They may be looking to get a diploma or certificate to upgrade their skills or change careers. They may just be looking to take a course to further their professional or personal development.

In any case, the NSCC is bound to have a course that fits one's needs.

The good news is that most courses in the continuing education department do not have any prerequisites, "just an interest in the subject," says Odette Merchant, the NSCC's manager of alternate delivery.

The NSCC offers close to 200 classes through its continuing education department. Many of these offerings are ideal for people looking to learn more about a particular passion.

"When people want to become more knowledgeable about their hobby, it's great to be able to take a course and

FULL PROGRAM LISTING ONLINE

To learn more about the NSCC's continuing education offerings, check out coned.nscc.ca for a full listing and when and where they are offered. The next intake of spring/summer classes will run from April to July.

learn from an expert to be able to really explore it at a new level," says Merchant.

Some of the subject areas for continuing education courses are wine tasting, specialty baking, painting, photography, creative writing, computer courses and business courses in fields such as accounting and marketing.

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MOMENTOUS MILESTONE

CENTRE FOR ARTS AND TECHNOLOGY CELEBRATING ITS 10TH ANNIVERSARY

Diamonds are forever. So is education.

This month, the Centre for Arts and Technology celebrates its diamond anniversary by rewarding future students with a passion for digital arts and design.

The Centre for Arts and Technology reached its 10th anniversary this year, and is awarding \$475,000 in scholarships for those who plan to enrol in a program in 2012. These awards cover all three campuses — Halifax, Fredericton and Kelowna, B.C.

The scholarships range in value and all students enrolling for the July and October dates are eligible for consideration.

To apply, students are asked to fill out an application, concluding with a 250-word essay of where they see themselves in 10 years.

The President's Scholarship was also created to mark the occasion. This \$10,000 scholarship is awarded to a deserving recipient who demonstrated passion, determination and commitment to his or her future industry of choice. President Scholarship applications must be received by May 15.

Programs offered include animation for game and film, audio engineering, event and promotions management, digital filmmaking, fashion design and merchandising, digital photography, graphic and digital media design and network security specialist/administrator.

"Ten years marks a milestone that most companies never see," said Centre for Arts and Technology president Martin Theiss.

"We now have almost 10 years of graduates working in industry, as well as a proven track record for quality education and commitment to our students and staff."

Located at 1577 Barrington St., the Halifax campus offers state-of-the-art facilities for its students, along with small class sizes, which are perfect for personal instruction from experienced industry professionals.

For more information on how to apply for scholarships, contact the Centre for Arts and Technology at 429-1847, or find out more about the application process at 10years.digitalartschool.com/hs.

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SPORTS

NBL

Halifax Rainmen forward Darnell Hugee recently signed in one of Mexico's top professional basketball leagues with the Tijuana Zonkeys. In two games, the six-foot-seven Hugee is averaging 11.5 points and 5.5 rebounds. Hugee joined the Rainmen late in the season, appearing in 16 contests and averaging 9.3 points per game. He was one of six players owner Andre Livingston had identified as potential returnees.

On the web



Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.

'Difference-maker'

MacKinnon entering the second round in top gear

Nathan MacKinnon is coming off one of his best four-game stretches in months, and the surge couldn't come at a better time for the Halifax Mooseheads.

The rookie centre piled up six goals and two assists in a first-round sweep of the Moncton Wildcats, earning first-star honours twice and picking up second- and third-star nods in the other two games.

"He had a really, really good first round," said Mooseheads head coach Dominique Ducharme. "He played with that edge — he wanted to be a difference-maker and for sure he had some big goals."

MacKinnon had 29 points in 29 games coming into the playoffs, a dip from the 1.67 points-per-game clip he had with 49 points in his first 29 games.

He was recently ranked No. 1 overall for the 2013 NHL draft by Red Line Report. The independent scouting publication's chief scout, Kyle Woodlief, said "given MacKinnon's play in (the first round), he will remain No. 1 for the foreseeable future."

It wasn't just MacKinnon having success as a 16-year-old in his first QMJHL post-season. Winger Jonathan Drouin scored four goals and had an assist, and goaltender Zach Fucale boasts a league-leading 1.97 goals-against average.

"They all like that challenge, they like to be put in a situation where they can make a difference," Ducharme said.

MATTHEW WUEST/METRO



Nathan MacKinnon
RYAN TAPLIN/METRO



Mooseheads winger Alexandre Grenier celebrates a goal earlier this season. He was second on the team in scoring with 64 points in 64 games. RYAN TAPLIN/METRO

Grenier eyes matchup with his former team

Tough crowd.

Moosehead recalls 'noisy' Colisee Pepsi from days with Remparts during QMJHL playoffs



MATTHEW WUEST
matthew.wuest@metronews.ca

The Quebec Remparts discovered Alexandre Grenier, gave him his long-awaited chance in the QMJHL, and put him on the fast track to being selected by the Vancouver Canucks in the NHL draft.

Now they'll have to contend with the six-foot-four winger's golden touch when the Remparts face Grenier's Halifax Mooseheads in the QMJHL quarter-finals starting Friday in Quebec City.

Grenier, who the Remparts traded to Halifax for draft picks in June because of an over-age surplus, is the Mooseheads' second-leading

scorer and a big key to the young club's success.

"Of course, it's going to be a bit more thrilling for me because it's my former team on the other side," Grenier said. "But it's a playoff series, I'm a 20-year-old, and I have to give it my all, every series, no matter who's on the other side."

The Remparts rescued Grenier from the Quebec junior AAA ranks halfway through last season when they recalled him as a temporary injury fill-in.

But after recording three assists in his QMJHL debut as a 19-year-old, he showed enough talent to stick around for the rest of the season and to be selected in the third round by the Canucks.

"Quebec gave me my chance and I'm really thankful for that," said Grenier, who had 15 goals and 40 points in 46 games with the Remparts.

He was almost at a loss for words to explain what it's like playing at the Remparts' Colisee Pepsi, which

Friends now foes

Alexandre Grenier isn't the only player getting a crack at a former team in this series. Here are some others.

- Mooseheads defenceman Brendan Duke played for the Remparts for a season and a half before being dealt to Halifax in January.
- Remparts forward Gabriel Desjardins, who was

traded for Duke, spent three and a half seasons in Halifax and was the 2010 winner of the Mooseheads' Fans' Choice award.

- Remparts rookie Adam Erne was taken 22nd overall by the Mooseheads in last June's draft before being traded in July for draft picks.

hosts the biggest crowds in the Canadian Hockey League at close to 12,000.

"It's ... noisy," Grenier said. "I've never been on the opposite side when it's loud in the playoffs."

"During the regular season, it's not the same feeling, but in the playoffs, last year, it was just crazy."

With the Mooseheads, Grenier has 64 points in 64 games playing primarily on the second line and anchoring the top power-play unit.

His overtime winner in a 4-3 triumph over the Remparts at the Metro Centre on Oct. 22 is one of the club's season highlights, and he produced three goals and two assists in three games against his former team.

Anticipation has been building since the series was finalized last Thursday.

"It's going to be fun," Grenier said. "We had three good games with them and it's going to be a good series."

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Canada's confidence growing

Curling. At 5-0, Ontario's Howard and Team Sweden are only unbeaten rinks left at world championship

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating

Jiri Snitil of the Czech Republic 9-3 in the evening. Canada remained tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said. "I felt really comfortable out there again tonight. My guys are making everything underneath me."

The Czech game was tighter than the result might suggest. Howard entered the ninth end with just a two-point lead and hit a nice double takeout

to score four points to end it.

Howard and teammates Wayne Middaugh, Brent Lanning and Craig Savill shot an impressive 91 per cent in both wins.

The Czechs provided a much stiffer test than the Norwegians. Ulsrud, the 2010 Olympic silver medalist, never got on track and made several uncharacteristic errors.

"We kept putting pressure on him and he was missing," Howard said. "The recipe for a win."

Howard's titles

Howard has won three world titles over his career — in 1987, 1993 and 2007.

A back injury to skip Niklas Edin hasn't hampered Sweden's performance. Sebastian Kraupp has filled in nicely and guided the rink to a 10-8 win over France to keep pace with Canada.

THE CANADIAN PRESS



NHL

Daniel Sedin improving: Brother

Vancouver Canucks star Henrik Sedin says his teammate and twin brother Daniel is improving as he attempts to recover from a concussion.

"He's getting better and better, so we're hopeful," said Henrik after practice Monday.

Daniel Sedin was injured March 21 when he took an elbow to the head from Chicago Blackhawks defenceman Duncan Keith.

The NHL suspended Keith five games for the infraction.

THE CANADIAN PRESS

NBA

It's Miller's time to head to the hall

Five-time all-star Reggie Miller and longtime coach Don Nelson are among a dozen players, coaches and teams that will be inducted into the Naismith Memorial Basketball Hall of Fame.

The class of 2012 was announced Monday in New Orleans, the site of the Final Four.

Also elected were two-time Olympic gold medalist Katrina McClain, three-time college player of the year Ralph Sampson, four-time NBA champion Jamaal Wilkes and longtime referee Hank Nichols.

THE ASSOCIATED PRESS



Kentucky finishes the job

Doron Lamb of the Kentucky Wildcats goes up for a shot against Kevin Young of the Kansas Jayhawks Monday in the National Championship Game in New Orleans of the 2012 NCAA Division I Men's Basketball Tournament. Kentucky, the top seed, won 67-59. RONALD MARTINEZ/GETTY IMAGES

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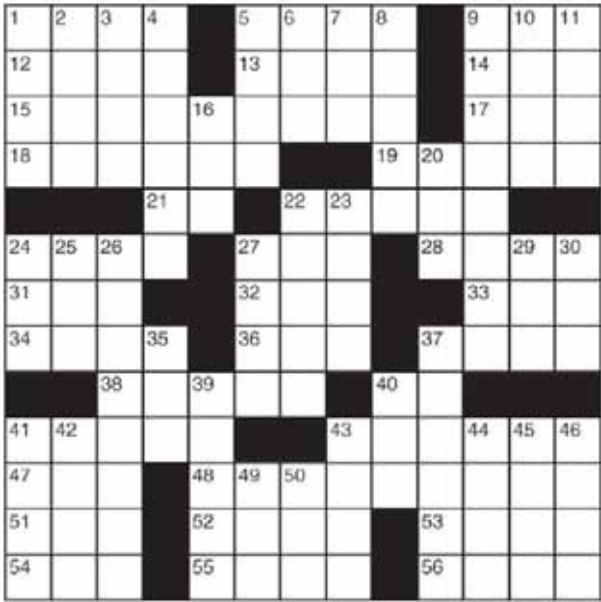
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1 Occasional Chair with Ottoman White and Rose color \$250.00 902-407-9735	20" Polaroid TV DVD Combo Excellent Condition hardly used \$60 (902)462-5237	Black kidney shaped computer desk with swivel side attachment for printer ect Almost new \$70.00 404-5776	Dining set 8 chairs buffet and hutch with wine rack light wood. Very modern \$3000 for everything or \$1500 table & chairs or \$1500 for buffet & Hutch (Set is NEW) 407-9735	Man's Leather Car Coat Size 40 Cost \$200 Sell for \$50 worn twice 902-445-2801	Reproduction Accent Chair Royal Blue Oval Backed Excellent Condition \$90.00 404-5776
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Crossword

- Across**
1 Urban fleet
5 Stroller
9 Embrace
12 Grad
13 John/Rice collaboration
14 NAFTA signatory
15 Military sky divers
17 Journey segment
18 Lotus model
19 Burdens
21 Yours truly
22 Choppers
24 Sculptor's medium
27 Preceding
28 Takeout request
31 Army rank (Abbr.)
32 Be unwell
33 Indivisible
34 Pop choice
36 Pigpen
37 Incite
38 Overact
40 "Monopoly" corner
41 Town bigwig
43 Delicate, as a fragrance
47 In bygone times
48 Cartoon vamp
51 Writer
Buscaglia
52 "What's the big —?"
53 Cogito-sum link
54 Recipe meas.
55 Stage statuette
56 Turns green?
- Down**
1 Part of a superhero costume
2 Remark re Yorick
3 After-dinner



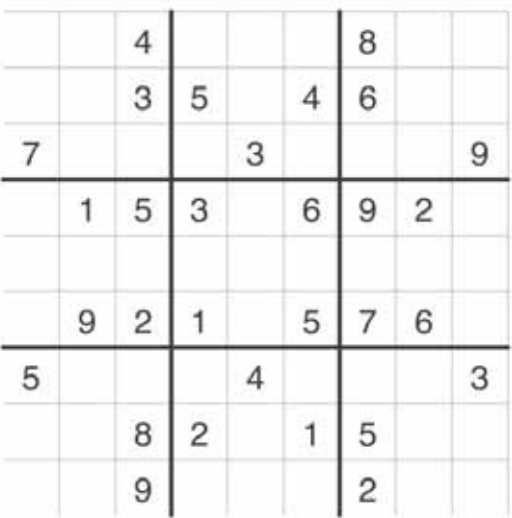
- speech?
4 Smugly ingratiating
5 Segment
6 Carnival city
7 Big fuss
8 Syrup flavor
9 Wham-O product
10 Secondhand
11 Jokes
16 Dead heat
20 Mel of Coopers-town
22 Hackneyed
23 Slithery
24 LX percent of D
25 Privy
26 Comic-strip caveman
27 Bridge position
- 29 Wildebeest
30 "— the ram-parts ..."
35 I love, to Livy
37 Wept loudly
39 Trip around the world?
40 Fellow
41 Beer ingredient
42 Quite some time
43 Command to Rover
44 Whig rival
45 Theater box
46 Heroic poetry
49 Tokyo's old name
50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer



Sudoku



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



Send a kiss

- **Mr. Hammer Man.** You will always be my stereo. ilu
- **Bunny.** I love you. You have to remember, its always going to be YOU and ME. It's the most real thing you've ever had. We don't give up on the things we love. We always come back. <3 Baby T
- Nothing can rival spending my life with you; not eternal bliss or existing logically. Jeremy
- **Gady.** I know you may not notice how handsome I think you are, and I don't really see you too often but if you read this just know I love steering at you. I have a crush on you. Your admirer always
- **Mi Vida <3.** I love you so much <3 I know that at times things are hard but no matter what, me and you will make it through <3 we've been through a lot before and I will always be here for you no matter what <3 you're the only girl I'm willing to die for <3

Today 4°/-2° Variable
Wednesday 6°/0° Showers 40%
Your #1 weather forecast now available in HD. Check your local listings for details. ©The Weather Network 2012



Caption Contest

"Staring Contest!! 1,2,3, GO!"
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Horoscope

- ♈ Aries | March 21 - April 20.**
You are in the mood to travel, socialize and have a good time.
- ♉ Taurus | April 21 - May 21.** As an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.
- ♊ Gemini | May 22 - June 20.**
Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.
- ♋ Cancer | June 21 - July 22.**
You need to sit down quietly, away from other people, and decide what your priorities are going to be.
- ♌ Leo | July 23 - Aug. 22.** Make an effort to get out into the world and meet people today.
- ♍ Virgo | Aug. 23 - Sept. 22.**
This is an excellent time to show someone in a position of power that you have what it takes to succeed.
- ♎ Libra | Sept. 23 - Oct. 22.** You are hugely optimistic about the future, and with good reason.
- ♏ Scorpio | Oct. 23 - Nov. 21.**
Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.
- ♐ Sagittarius | Nov. 22 - Dec. 21.** The people you meet today, both socially and at work, will go out of their way to be nice to you.

Respond in kind and show everyone what a big-hearted Sag you are.

♑ Capricorn | Dec. 22 - Jan. 20. You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?

♒ Aquarius | Jan. 21 - Feb. 18. Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.

♓ Pisces | Feb. 19 - March 20.
Let fate take its course and don't try to change things that are best left alone.

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2DR, SOFT TOP MANUAL

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$13,980** **\$73** **\$0 DOWN** **TAXES IN!**

2012 RAM 1500 LARAMIE
QUAD CAB, LEATHER & ROOF, UNDER 100KM!

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$36,980** **UNDER 100KM!**

2010 CHEVY AVEO SEDAN
A/C WITH 22,000KM'S

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$9,980** **\$40** **\$0 DOWN** **TAXES IN!**

2004 VW BEETLE CONV
LEATHER AND LOADED

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$11,980** **RARE BUG!**

2011 CHRYSLER 200
TOURING EDITION, AUTO WITH ALLOYS

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$15,980** **\$62** **\$0 DOWN** **TAXES IN!**

2008 MAZDA CX7
SUNROOF, ALLOYS, JUST 49,900KM

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$14,980** **\$78** **\$0 DOWN** **TAXES IN!**

2007 DODGE DAKOTA 4X4
JUST \$1,400K, 4X4

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$9,980** **\$53** **\$0 DOWN** **TAXES IN!**

2010 HONDA CIVIC DX
AUTO, A/C, POWER WINDOWS & LOCKS

DOOR CRUSHER PRICE AND DOOR CRUSHER PAYMENT

WITH \$1000 Trade **\$14,980** **\$58** **\$0 DOWN** **TAXES IN!**

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LOCATED AT HALIFAX CHRYSLER

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\$62 **TAXES IN** **\$15,980** **w/\$1000 trade**

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2011 KIA SOUL

\$62 **TAXES IN** **\$15,980** **w/\$1000 trade**

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\$47 **TAXES IN** **\$11,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2009 MINI COOPER

\$83 **TAXES IN** **\$18,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2008 ACCORD EX-L

\$88 **TAXES IN** **\$16,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2008 VW RABBIT

\$68 **TAXES IN** **\$12,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2011 DODGE CARAVAN

\$70 **TAXES IN** **\$17,980** **w/\$1000 trade**

LOCATED AT HALIFAX CHRYSLER

2009 JEEP WRANGLER

\$85 **TAXES IN** **\$21,980** **w/\$1000 trade**

LOCATED AT HALIFAX CHRYSLER

2011 DODGE DURANGO

\$115 **TAXES IN** **\$29,980** **w/\$1000 trade**

LOCATED AT HALIFAX CHRYSLER

2011 NISSAN VERSA

\$48 **TAXES IN** **\$11,980** **w/\$1000 trade**

LOCATED AT HALIFAX CHRYSLER

2007 FORD RANGER

\$48 **TAXES IN** **\$8,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2010 TOYOTA MATRIX

\$51 **TAXES IN** **\$12,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2008 LIBERTY LTD

\$88 **TAXES IN** **\$16,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2007 HUMMER H3

\$88 **TAXES IN** **\$16,980** **w/\$1000 trade**

LOCATED AT STEELE CHRYSLER

2008 WRANGLER 4X4

\$98 **TAXES IN** **\$18,980** **w/\$1000 trade**

LOCATED AT HALIFAX CHRYSLER

2011 JEEP PATRIOT 4X4

\$78 **TAXES IN** **\$19,980** **w/\$1000 trade**

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2010 RAM 2500 SLT 4X4

\$104 **TAXES IN** **\$26,980** **w/\$1000 trade**

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